

EPI Update for Friday, April 13, 2018
Center for Acute Disease Epidemiology (CADE)
Iowa Department of Public Health (IDPH)

Items for this week's EPI Update include:

- **Shingles vs. chickenpox and how to prevent each**
- **Shingles exposures during child care**
- **Influenza activity declines, geographic spread reduced to local**
- **Iowa Acute Disease Monthly Update**
- **In the news: Could you fight off worms? Depends on your gut microbes**
- **In the news: Sitting is bad for your brain, not just your metabolism or heart**
- **Infographic: Chickenpox and the vaccine (shot) to prevent it**
- **Meeting announcements and training opportunities**

Shingles vs. chickenpox and how to prevent each

Shingles and chickenpox are both caused by the varicella zoster virus (VZV). Herpes zoster (shingles) results from reactivation of this virus (after the person had chicken pox). If a susceptible person is exposed to a person with shingles, they will get chickenpox NOT shingles. The best way to prevent both shingles and chickenpox is vaccination.

Two doses of varicella vaccine are recommended for all children beginning at 12 months of age, as well as adults who are not immune (without other evidence of immunity). Iowa law requires varicella vaccination for children enrolled in licensed childcare centers and schools. For more information, visit idph.iowa.gov/immmtb/immunization/laws.

Today, all persons 50 years of age or older should receive vaccination for shingles unless they have a medical contraindication. A new shingles vaccine - Shingrix - is the currently recommended vaccine and should be given as two doses administered two to six months apart. For more information, visit www.cdc.gov/mmwr/volumes/67/wr/mm6703a5.htm.

Shingles exposures during child care

A relatively common situation in Iowa is an older child care provider who cares for a child(ren) while having skin lesions due to shingles. Chickenpox can be spread from a person with shingles to a susceptible child/person, if they have direct contact with the lesions caused by shingles. Although today, most children are vaccinated against chickenpox, some children may not be fully immunized or are too young to have been vaccinated (this vaccine is given beginning at 12 months of age). Some adults who did not have chickenpox as a child and have never been vaccinated may be susceptible too.

The incubation period (between exposure to shingles and the onset of chickenpox) is 10-21 days. Depending on the situation, susceptible children may be excluded from school or daycare after being exposed to shingles to prevent them from spreading chickenpox to other children. For more information about shingles transmission, visit www.cdc.gov/shingles/about/transmission.html.

Influenza activity declines, geographic spread reduced to local

Iowa influenza activity continues to decrease and the geographic spread has narrowed to local. Influenza B now accounts for approximately 75 percent of positive influenza tests reported to IDPH. There has been at least one long-term care facility outbreak reported weekly since late November 2017, but recent outbreaks have been confined to eastern Iowa. To view IDPH's weekly influenza report, visit idph.iowa.gov/influenza/reports.

Iowa Acute Disease Monthly Update

The new issue of the Iowa Acute Disease Monthly Update is available on our website. Visit idph.iowa.gov/CADE and scroll down to "Reports" or access the report directly with the following link:

idph.iowa.gov/Portals/1/userfiles/79/Reports/Misc/Monthly%20Report/IADMU%20Apr%202018.pdf.

In the news: Could you fight off worms? Depends on your gut microbes

www.npr.org/sections/goatsandsoda/2018/04/07/598093165/could-you-fight-off-worms-depends-on-your-gut-microbes

In the news: Sitting is bad for your brain, not just your metabolism or heart

www.sciencedaily.com/releases/2018/04/180412141014.htm

Infographic: Chickenpox and the vaccine (shot) to prevent it

INFORMATION FOR PARENTS

Chickenpox and the Vaccine (Shot) to Prevent It

The best way to protect against chickenpox (also called varicella) is by getting the chickenpox shot. Doctors recommend all children who have never had chickenpox get the shot.

Why should my child get the chickenpox shot?

The chickenpox shot:

- Protects your child from chickenpox, a potentially serious and even deadly disease.
- Keeps your child from missing up to one week of school or child care (and keeps you from missing work to care for your sick child).

Is the chickenpox shot safe?

Yes. The chickenpox shot is very safe and effective at preventing chickenpox. Vaccines like any medicine, can have side effects, but most children who get the chickenpox shot have no side effects.

What are the side effects?

Most children don't have any side effects from the shot. However, some children may experience the following side effects:

- Soreness, redness, or swelling where the shot was given
- Fever
- Mild rash
- Temporary pain and stiffness in the joints

What is chickenpox?

Chickenpox is a disease that causes an itchy rash of blisters and sores. A person with chickenpox may have as many as 100 blisters. The rash can spread over the whole body. Chickenpox can be serious, even life-threatening, especially in babies, adolescents, adults, pregnant women and people with weakened immune systems.

What are the symptoms of chickenpox?

Chickenpox usually causes the following symptoms:

- An itchy, red, bumpy rash
- Fever
- Headache
- Feeling tired

Sometimes people feel that they have the chickenpox shot. The shot does not cause serious problems.

Doctors recommend your child get two doses of the chickenpox shot for best protection. Your child will need one shot at each of the following ages:

- 12 through 15 months
- 4 through 6 years

Logos for the American Academy of Pediatrics, CDC, and American Academy of Family Physicians are at the bottom.

To view in full size, visit

www.cdc.gov/vaccines/parents/diseases/child/varicella-basics-color.pdf.

Meeting announcements and training opportunities

None

Have a healthy and happy week!

Center for Acute Disease Epidemiology

Iowa Department of Public Health

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